

TAI CHI FOR HEALTH

Wednesdays 9am-10am

16 Sessions starting October 1st

Discover the healing power of Tai Chi for Health, a gentle, low-impact form of movement designed for adults of all ages looking to feel their best physically and mentally.

This evidence-based class is part of the Tai Chi for Health series, recommended by the CDC and health organizations worldwide for its proven benefits



Why Attend?

- Enhance balance, flexibility & strength
- Promote relaxation and overall wellbeing
- Improve mobility
- Reduce pain from arthritis

Tai Chi for Health is especially helpful to seniors, yet accessible and beneficial for people of all ages and fitness levels.

Cost \$130

To Register:

www.olgretreat.com

516.627.9255

Class cost will directly benefit Our Lady of Grace Center, so we can continue to bring wellness programming to the community.

What You'll Experience:

- Gentle, flowing movements
- Mindful focus and presence
- Calming, quiet environment
- Supportive group setting

Class dates: 10/1, 10/8, 10/15, 10/22, 11/5, 11/19, 11/26, 12/3, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25

Our Lady of Grace Spiritual Center
29 Shelter Rock Road, Manhasset, NY 11030

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